

Monday

Tuesday

Wednesday

Thursday

Friday



SEPTEMBER 2016

Frederick Senior Center

301.600.3525 for info or 301.600.1048 for meals

LABOR DAY Holiday Senior Centers and Department of Aging offices are Closed.	5 Strength Training – 11a Mah Jongg – 11.30a New Session begins for Chair Yoga* – 12.15p Bingo – 12.30p Watercolor Club – 1p	6 Strength Training – 9a Bridge# - 9a Rummikub – 10a Spanish Class – 10.15a M&M Exercise – 11a Bridge & Pinochle – 12.30p Zumba Gold* - 12.30p Line Dancing* - 1.30p Summer Supper & Speaker*-5p w/attorney Cris Lovetro	7 Quilting – 9a Strength Training – 11a Chair Yoga* - 12.15p Brain Games – 12.30p FCPL Bookmobile – 1p P&Rec Drop In Pickleball* – 2.30p	8 Older Adult Volunteer Fair Meet with agency reps 9a-12n Luncheon w/guest speaker Pam Simonson* 12n – 1p
Strength Training – 9.30a SRC Book Club – 10a-12n M&M Exercise – 11a Honors Class# – 11a – 1p Blotter Bingo – 12.30p Cards & Games – 12.30p Zumba Gold* - 4.30p	12 Strength Training – 11a Mah Jongg – 11.30a Chair Yoga* – 12.15p Bingo – 12.30p Watercolor Club – 1p	13 Strength Training – 9a Bridge# - 9a Rummikub – 10a Spanish Class – 10.15a M&M Exercise – 11a Bridge & Pinochle – 12.30p Zumba Gold* - 12.30p Line Dancing* - 1.30p	14 Quilting – 9a Strength Training – 11a Chair Yoga* - 12.15p Ask Nurse Steve about Allergies – 12.30p Knitting Club – 1.30p Tai Chi* 1.30p P&Rec Drop In Pickleball* – 2.30p	15 Strength Training – 9.30a M&M Exercise – 11a Canasta – 12.30p Zumba Gold* - 12.30p Mah Jongg – 1p Drop In Pickleball* – 2p
ILR Play&Learn Bridge#-9.30a Strength Training – 9.30a Trip to the Fair*- 10a-2p M&M Exercise – 11a Cards & Games – 12.30p SRC GoldenTones# – 1pm Zumba Gold* - 4.30p	19 ILR Watercolor Class#-10a Strength Training – 11a Mah Jongg – 11.30a Chair Yoga* – 12.15p Bingo – 12.30p Watercolor Club – 1p	20 Strength Training – 9a Bridge# - 9a Rummikub – 10a Spanish Class – 10.15a M&M Exercise – 11a Lunch & Learn w/ FNP Editor Patrick Pexton*- 12p Bridge & Pinochle – 12.30p Zumba Gold* - 12.30p Line Dancing* - 1.30p P&Rec Yoga* – 4.30p	21 Quilting – 9a Strength Training – 11a Chair Yoga* - 12.15p Brain Games – 12.30p FCPL Bookmobile – 1p Tai Chi* 1.30p P&Rec Drop In Pickleball* – 2.30p	22 Strength Training – 9.30a M&M Exercise – 11a Canasta – 12.30p Zumba Gold* - 12.30p Mah Jongg – 1p Drop In Pickleball* – 2p
ILR Play&Learn Bridge#-9.30a Strength Training – 9.30a M&M Exercise – 11a Make & Take Crafts – 12.30p Cards & Games – 12.30p SRC GoldenTones# – 1pm Drop In Pickleball* – 2p Zumba Gold* - 4.30p	26 ILR Watercolor Class#-10a Strength Training – 11a Mah Jongg – 11.30a Sub Day Special – 12p Chair Yoga* – 12.15p Bingo – 12.30p Watercolor Club – 1p	27 Strength Training – 9a Bridge# - 9a Rummikub – 10a Spanish Class – 10.15a M&M Exercise – 11a Bridge & Pinochle – 12.30p Zumba Gold* - 12.30p Line Dancing* - 1.30p P&Rec Yoga* – 4.30p	28 Quilting – 9a Strength Training – 11a Chair Yoga* - 12.15p FDS Cards & Games – 12.30p Tai Chi* 1.30p P&Rec Drop In Pickleball* – 2.30p	29 Strength Training – 9.30a M&M Exercise – 11a Canasta – 12.30p Mah Jongg – 1p Drop In Pickleball* – 2p
				30 Strength Training – 9.30a M&M Exercise – 11a Canasta – 12.30p Mah Jongg – 1p Drop In Pickleball* – 2p

*Pre-registration Required. #Participation limited, call for details. Fees may apply for some classes and programs.